

I'm controlling my diabetes – with a little help from my family.



Controlling diabetes makes a huge difference.

I have diabetes so I need to keep my blood sugar under control. My family is a big help, too. When we get together, they always remember to serve a variety of healthy foods. And the grandkids keep me moving—they like to walk with me whenever they visit. My wife reminds me to take my medicine and to test my blood sugar.

With my diabetes under control, I feel a lot better and have more energy. Best of all, I'm going to be around for my family... for my friends... for life.



Call 1-800-438-5383 to learn more.

Or visit us at <http://ndep.nih.gov>



A joint program of the National Institutes of Health and the Centers for Disease Control and Prevention.

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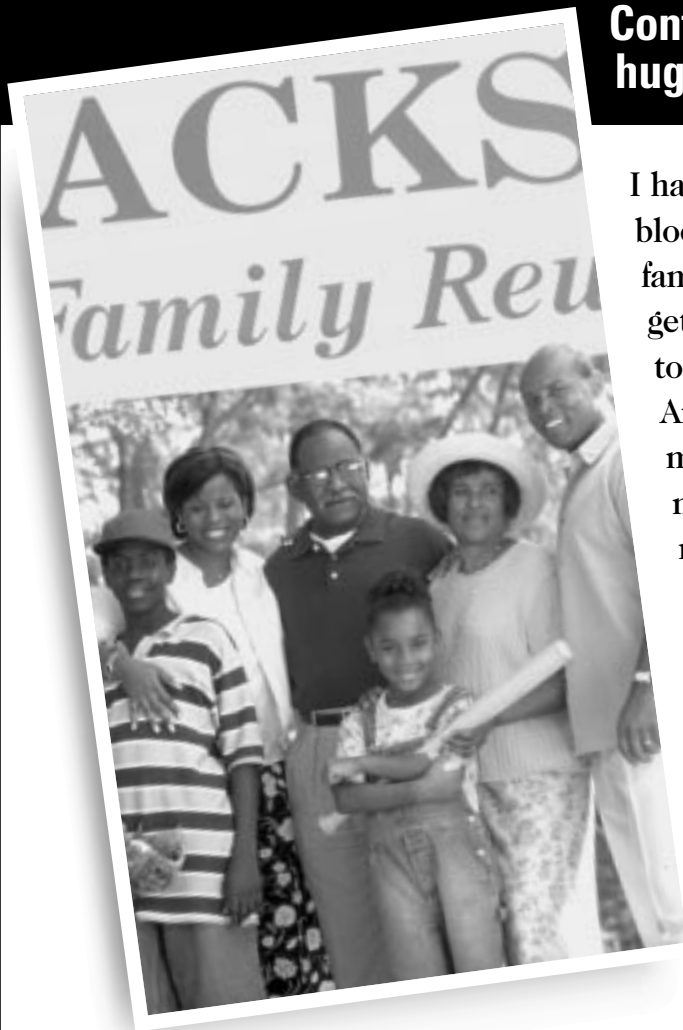
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National Diabetes Education Program: "Family Reunion" Newspaper Ads (65 line screen). This artwork is camera-ready and may be reprinted and disseminated without permission.

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